

## Commissaries continue to provide services

By Alexandra Williams  
U.S. Army Garrison Giessen  
Public Affairs Office

Rumors about possible reduction of hours or service in the commissaries in Bad Nauheim and Giessen have caused concern in the U.S. Army Garrison Giessen community.

"These rumors are just not true," said Randy Eller, Defense Commissary Agency zone manager. "There are no plans to reduce the opening hours of the commissary, and there are no plans to cut down on the services we provide."

"Both stores will remain open five days a week, just as they are today. DeCA is always one of the last organizations to leave an installation slated for closure, and people can be assured we will be here until the end," he stressed.

Understanding the frustration such rumors cause, DeCA officials stress the importance of voicing concerns directly to the local commissary manager.

"The managers in both stores are always available to talk to customers about any concern they may have. They will explain our plans, our procedures, and assist the customer in any way possible," Eller said.

One issue recently raised was the non-availability of certain items in these commissar-



Photo by Alexandra Williams

**Joshua Jackson stocks a shelf in the Giessen Commissary. Despite rumors, the Giessen and Bad Nauheim stores will not reduce service, hours or line items they carry, officials said.**

ies. Community members are concerned that they may have to drive to Hanau or Wiesbaden to buy certain items.

"Small stores like Giessen and Bad Nauheim carry a smaller product assortment, because there is simply not enough room to carry all of the 10,000 line items our larger stores carry," Eller said. "So we have a special order procedure specifically to address that issue. Shoppers need to see their store manager for this.

As long as the item is part of our European stock assortment, we are happy to bring it to a small store shopper under the special order program. The product may not go on the shelf as a regularly stocked item, but can be special ordered as the customer needs it.

"Currently the commissary receives weekly delivery of the needed goods," said Eller. "We are in the process of increasing our fresh-frozen meat items to ensure availability throughout

our delivery period. These items have a six-month shelf life and are of highest quality."

According to Eller, there are also opportunities where commissary shoppers can help store managers maintain proper stock levels of meat, produce and grocery items.

"We ask patrons who may want to shop for a huge event to place an order for those items as soon as they know when the event is to take place," Eller advised.

"If, for example, a unit or organization buys all the meat and hamburger buns for their event off the commissary shelves, instead of preordering it, it sometimes doesn't leave much for other shoppers to choose from. In these cases we make arrangements to replenish supplies out of cycle, but it does take time," he said.

"That's why we ask that as soon as you know when and how much you need, let the store manager know about it so they can order it for you. This way other patrons are not affected," Eller said.

For the upcoming holiday season Eller recommends making use of the special order process as well.

"We will have the regular-size turkeys and hams as regular stocked items, but if someone wishes a special or larger sized turkey or ham they can order that now," he said.

"Customer service is now, and has always been, our number one priority," Eller said, "and this will remain so throughout the closure process."

If you have questions or want to place special orders contact Giessen store manager Burnidette Herring at civ (0641) 402-8446 or Bad Nauheim manager Ilona Scott at civ (06031) 81-3244.

### Hispanic Heritage, National Disability Employment Awareness

## Community observes diverse awareness months

By Alexandra Williams

U.S. Army Garrison Giessen Public Affairs Office

The U.S. Army Garrison Giessen recognized Hispanic Heritage Month with a luncheon Oct. 5 at the dining facility on the U.S. Depot.

This year's theme was "Hispanic Americans: Our Rich Culture."

"We've done a lot every year to talk about the accomplishments of Hispanics or Latinos," said guest speaker USAG Hessen Command Sgt. Maj. Jose A. Fontanez.

Today, said Fontanez, I want to mention some people who have achieved some firsts for Hispanics.

These included Gen. Richard Cavazos, the first Hispanic four-star general; Senator Dennis Chavez, first Hispanic elected to the U.S. Senate; Pfc. Guy Gabaldon, a World War II hero who captured more than 1,000 enemy soldiers, more than anyone else

in the history of U.S. military conflicts; Brig. Gen. Carmelita Vigil-Schimenti, first Hispanic female to attain the rank of general; and Roberto Clemente, the first Hispanic inductee into the Baseball Hall of Fame.

Fontanez continued by saying that every family has somebody who was the first to do something.

"I was the first in my family to have a career," he said. "My dad was the first in our family to come to the United States."

"There are a lot of firsts that are done every day. Everyone has a history. We kept going and will continue to do so," Fontanez said.

Being the first to achieve or do something not only opens the door for others to follow but creates awareness for one's culture to others, he said. "It's the best thing in the world if you can open the eyes of someone for our culture."

In recognition of National Disability Employ-

ment Awareness Month, Lt. Col. Mikel Russell, acting USAG Giessen commander, read the president's proclamation during a luncheon Oct. 12 at the Giessen Dining Facility.

Chaplain (Maj.) Stevan Horning from USAG Giessen, who gave the invocation and benediction, reminded the audience about the importance of showing appreciation of the thousands of disabled Americans that work hard daily and help America to stay strong.

"It has a special application for us here in a military community," he said. "The Army has always employed disabled persons. And now, in times of war, when more and more get wounded and may become disabled, the Army is a possible employer again. So they [former Soldiers] can continue to serve their country."

To learn more about the government's disability-related programs go to [www.disabilitinfo.gov](http://www.disabilitinfo.gov).



## Creativity helps spouse deal with deployment

**By Alexandra Williams**  
*U.S. Army Garrison Giessen  
Public Affairs Office*

There are different ways to deal with a deployment. Stefanie Kottmyer has chosen creativity.

Whenever time allows, the mother of an 18-year old son and a 14-year old daughter indulges in painting.

Painting has always been a cherished hobby, but now it has also become a way of coping with the deployment.

"It takes my mind of worrying about what could happen downrange. It also cheers me up," she said.

Inspiration for her work comes from landscapes, buildings, pets or people.

"It must just have something that touches me and creates an emotion," she said.

### Talented painter

During the two-and-a-half years she has lived in Giessen, Kottmyer has made a name as a talented painter among her friends, who ask her to paint portraits of their loved ones.

After seeing samples of her work, the Hearts and Hands Community Club bought originals of some of her paintings. She gave the club permission to make copies so members could purchase them.

"The paintings look really nice. The ones we bought feature buildings from Giessen and Friedberg because we think they make beautiful Christmas gifts," said Joyce Williams, club president.

Together with her husband Charles, a first sergeant with Company B., 16th Engineer Battalion, who also paints, Kottmyer became a member of the Wölfersheimer Künstlerpalette. This



Photo by Alexandra Williams

**Stefanie Kottmyer works on portraits of a friend's baby and dog. Working with colors cheers her up, she said.**

is a federation of local artists representing a variety of arts. Currently the artists work is displayed in Kloster Arnsburg, a small community outside of Lich.

"We've already displayed our art at different exhibitions. It's a nice experience when someone else likes your work," she said, and added that she has already sold some of her paintings.

"There are some that I would never sell. I paint every motif only once and some paintings are the memories of special times and emotions," Kottmyer said.

As a child, Kottmyer, who grew up in a small town in the Black Forest, enjoyed painting. Her grandmother encouraged her in developing her talent, she said.

"She always encouraged my sister and I to draw and paint. She couldn't draw herself and was always thrilled when she saw our work," Kottmyer said.

"Actually, drawing was my best subject in school," she added. However, it has never been an option for a career. "It's too difficult to build up a business in art."

But creativity remained a part of her life. After she graduated from school she became a chef.

Then, 20 years ago, she met her husband, and after they were married she started to live the life of an Army spouse. Moving to a new duty station every few years, she didn't have the time to pursue her own career.

"To have a career as a chef, or even

building up a business, requires staying in one place for a longer time."

However, she used the time to further her education and broaden her knowledge. She worked on her GED, completed courses in interior design and financial planning, as well as painting.

"At one point I was able to work as a chef and won an award in North Carolina," she said. "Actually, I almost opened up my own business. I had my business license and a contract to bake a wedding cake for 100 people. Then we received orders to come to Germany," she said.

### Adjusting her plans

Being a military spouse Kottmyer adjusted her plans. Now she spends a lot of time painting. Twice a week she works at the Giessen Thrift Store. Occasionally she bakes cakes for friends and even takes the time to write.

"It's another passion I have. Sometimes I send articles to newspapers and magazines in the USA," she said. "One day I would like to write a children's book and illustrate it, too. That would be really nice."

When her husband returns from Iraq his next assignment will likely be in Boston. There she will try again to open her own business.

"It would be nice to have a German-style bakery," Kottmyer said.

If you would like to see some of Kottmyer's art go to [www.woelfersheimer-kuenstlerpalette.de](http://www.woelfersheimer-kuenstlerpalette.de). Click on "wir ueber uns" then go to her name. Her next exhibition takes place Nov. 19 at the Künstlermarkt in the Wetterauhalle in Wölfersheim.

## New scouts in Butzbach's Pack 317 look to fun season

**By Michael C. Brown**  
*Special to the Herald Union*

Pack 317 in Butzbach is off to a spectacular start with new

Tigers, Cub Scouts and Webelos.

Led by Cub master Marsha Brown, the Scouts are looking

at a new Scouting season packed with learning and lots of fun.

After tremendous recruiting efforts by Brown, the Scouts also welcome new leaders.

### New leaders

The new Tiger and Wolf den leader is Jeff Robertson. Alisha Perkins is the new Webelos den leader. Both are ready to start the new year off in style.

Scouts new to Pack 317 are learning the essentials of belonging to the Scouting program.

They have already learned

how to correctly raise, lower and fold the flag and are now practicing good sportsmanship.

The Scouts will also participate in the annual Bowl-athon at the Giessen Bowling Center, however the date has yet to be determined.

### Still time to join

There still is time to join the Butzbach Scouting program and get involved in the fun.

First-graders and up, along with their parents, are invited to attend a Scout meeting.

The Cub Scouts meet in the Butzbach Elementary School

cafeteria every Friday at 2:30 p.m.

At the same time and location the Boy Scouts meet with their Scout master, Sgt. 1st Class Donald Brown.

### Everyone welcome

If you are an adult and would like to get involved in the Scouting program as a volunteer, or have a unique ability or craft idea, contact the Cub master at [cubmaster317@hotmail.com](mailto:cubmaster317@hotmail.com).

### Web page

All interested parents are welcome to view the Pack 317's new web page at <http://groups.msn.com/ButzbachGermanyPack317/>.



Photo by Michael Brown

**Sgt. 1st Class Donald Brown gives new Scouts a lesson in how to raise, lower and fold the American flag.**



## Community spotlights

### No idling

Leaving your car idling for longer than 30 seconds is against host nation law and also applies on all military installations. You are violating force protection laws when you leave your car idling and unattended. Both laws apply on and off military installations and they apply to everyone. For more information call the DPW Environmental Office at mil 343-8007.

### Butzbach School conferences

The Butzbach Elementary School hosts its first quarter conferences Nov. 8-9. Report cards will be shared with students and parents. Student progress, present levels of performance and the student's work will be reviewed at these dates. Conferences for siblings attending the Butzbach Elementary School will be scheduled back-to-back for the convenience of the family. Schedules will be sent home with the students. Parents are encouraged to attend their child's conference.

### CFC season opens

The Combined Federal Campaign-Overseas runs through Dec. 1. Contributors may choose from a variety of deserving U.S.-based charities through the CFC-O. For more information visit [www.cfcoverseas.org](http://www.cfcoverseas.org).

### Parent's Night Out

The next Parent's Night Out will be Nov. 17 from 6:30-10:30 p.m. at the Giessen Child Development Center. The cost is \$16 for CDC-age children and \$12 for School-Age Service-age children and includes dinner and a snack. For more information call mil 343-8216/7028.

### Uniform bowling

The bowling centers in Giessen and Friedberg host Uniform Bowling Monday to Friday during lunch hours. Soldiers in uniform pay 75 cents per game and get free shoe rental.

### Auto Skills specials

The Auto Skills Centers in Giessen and Friedberg offer Winter Tire

Changeover and Coolant Protection Inspection for \$15 plus parts until the end of October. For details call the center in Giessen at mil 343-7050 and in Friedberg at mil 324-3218. In November clients may request a class on oil changes, tire balancing or brake pad replacement. Clients supply all materials. The cost per class is \$25 and is available by appointment only. Call the Friedberg Auto Skills Center at mil 324-3218; in Giessen call mil 343-7050. Both centers also provide airport shuttle service, including front door pickup within the USAG Giessen area.

### Halloween Spooktacular in Bad Nauheim

The Arts and Crafts Center and the Better Opportunities for Single Soldiers host a Spooktacular Halloween Bash Oct. 31 from 4:30-8:30 p.m. in the Bad Nauheim Community Center. Children are invited for a scary good time. Activities include a pumpkin carving contest, face painting, best costume awards and candy for everyone. For

more information call mil 324-3266.

### YS Halloween parties

Youth Services hosts a **Halloween Fright Nite** preteen lock-in at the Butzbach YS Center. A **Halloween costume party** is scheduled for Oct. 28 at the Giessen YS. **Halloween parties** take place at the centers in Giessen and Butzbach Oct. 31. For details call the Butzbach YS at civ (06033) 73048 or the Giessen YS at mil 343-6129.

### Halloween at the library

The SKIES Unlimited program hosts Boo at the Zoo with Ma and Pa on Oct. 31 from 2:30-4 p.m. at the Giessen Library. The program is designed for children age 2-5 and includes storytime, pumpkin fun and lots of crafty tricks and a tasty treat. The fee is \$5 per family. For more information call SKIES Unlimited at mil 343-7731.

### Auditions for youth theater

The SKIES Unlimited program hosts auditions for "Don't Say No to the USO," a youth theater production, Nov. 3 from 1-3 p.m. at Butzbach Youth Services and from 4:30 to 6:30 p.m. at Giessen YS. Boys and girls age 10-18 are sought as cast members, as well as backstage crew, set design and other stage management positions. Rehearsals for the play will be Nov. 6-17. The play will be performed Nov. 18 at Giessen's Keller Theatre. For details call mil 343-7731.

### Trip to wave pool

The BOSS program hosts a family excursion to Frankfurt's indoor wave pool Nov. 3. The bus departs Giessen at 8 a.m. and Friedberg at 9 a.m. Registration fee is \$15 and will be refunded on the bus. The entry fee at the pool is €3 to €5. For details or to make reservations call mil 324-3158 or civ (06033) 81-3158.

### Moving boxes sought

The DPW environmental office seeks usable moving boxes. If you have boxes you no longer need, call mil 343-6736.

### Bulk trash pickup

The next bulk trash pickup for all housing areas is Nov. 3. Residents should not put out their bulk trash until the evening before the pickup date.

### Gate closure

As directed by the U.S. Army Europe Headquarters, Friedberg's Ray Barracks Main Gate will be permanently closed. The decision is based on studies of gate traffic and security requirements.

## Giessen's last homecoming



Photos by Alexandra Williams

Homecoming King, C.J. Battle, and Homecoming Queen, Amanda Gray.

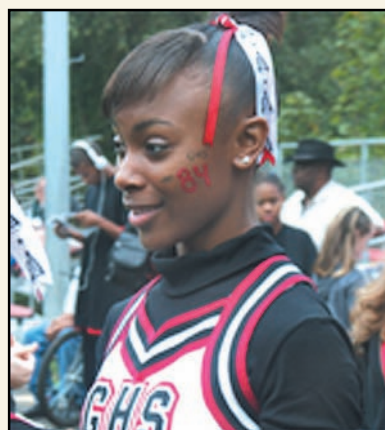


Giessen Griffins fans support their team at their last game.



Photo by Marsha Brown

Giessen Middle High School students celebrate at the last bonfire Oct. 13.



A Giessen cheerleader shares a smile with some fans.



## Building coordinators play vital role

**By Alexandra Williams**  
*U.S. Army Garrison Giessen  
Public Affairs Office*

Living in military housing requires understanding, consideration and, most importantly, following established rules to keep the common areas clean and safe for everyone. Building coordinators play an important role in maintaining these standards.

Typically the most senior military person in a building is appointed building coordinator. However, because of deployments, a Soldier is sometimes made responsible for two, or even three buildings, explained Sgt. Sherick Watkins, U.S. Army Giessen Area Support Team non-commissioned officer in charge and installation coordinator.

“When they get appointed they receive a package with all their responsibilities,” he said.

### Duties

The duties include mandatory attendance of Town Hall Meetings and fire prevention and training classes, since the coordinator is also the building's fire marshal.

“Besides that, they must make sure that safety and security standards in their building are met,” Watkins continued.

This means ensuring strollers and other large objects are not stored in the stairwell, and the front doors are kept closed at all times, he said.



Photo by Alexandra Williams

**Sgt. Sherick Watkins, USAG Giessen Area Support team non-commissioned officer in charge, checks a bulletin board in Marshall Housing. Residents can find the names of their building coordinator on the boards.**

The rules, based on Army regulations, are aimed at ensuring the safety of all residents. In case of a fire, for instance, the stairwell may be the only way to escape the building. Large objects block the way and become a safety hazard, Watkins said.

Open front doors not only enable

unauthorized individuals to enter the building, but also give rodents a way to get inside the building.

“Mice and rats are often attracted by the smell coming from open dumpsters or trash bags placed outside a dumpster. An open door provides them a way to get inside a building,” Watkins said.

The coordinator must also ensure barbecue grills are not placed in front of the building and are not used on balconies. They must make sure that laundry rooms and basements are cleaned, bulletins boards are updated and unauthorized signs and fliers are removed.

“A building coordinator has quite a responsibility. However, he or she really depends on the support and cooperation of the families living in the building,” he said.

With regular inspections Watkins ensures that standards are being met.

“I check the outside and inside areas. All deficiencies are marked on a list which I will give the building coordinator. He or she then has 72 hours to correct those deficiencies,” Watkins explained.

### Contact information

Housing area residents may find the names and phone numbers of their building coordinator on the bulletin board in their stairwell. If, for whatever reason, the building coordinator cannot be reached, contact:

For Friedberg's MacArthur Housing, Alvin York Housing in Bad Nauheim and Roman Way Housing in Butzbach call Peter Buschmas at civ (06031) 81-3100. For Dulles and Marshall Housing in Giessen and Roman Way Housing in Butzbach call Sgt. Watkins at civ (0641) 402-8034.



Photo by Brenda Fadden

### Volunteers sought

Karen Birdsong, left, signs the Army Family Action Plan volunteer application as Kim Shoffner, an AFAP volunteer, looks on. Individuals are sought to help with this year's AFAP conference. For details call Joyce Williams at mil 343-6038.

## ACS schedule...ACS schedule...

### Spouse Success

Have you thought about what changes have taken place since the deployment? Do you know what to expect when your spouse returns? These questions and others will be discussed at the Spouse's Successful Homecoming training. If you are interested in a class call your local ACS for more information.

### Prepared childbirth

Giessen's ACS hosts a Prepared Childbirth class Nov. 9 from 10 a.m. to 4 p.m.

### Socials

A **Coupon Social** will be held Nov. 16 from 1-4 p.m. in Giessen, Nov. 23 from 1-4 p.m. in Friedberg and Nov. 24 from 1-4 p.m. in Butzbach. The **Multicultural Support Group** meets Nov. 16 from 3-5 p.m. at ACS in Giessen.

### Interpersonal communication

Interpersonal Communication training is held at Butzbach Outreach Center Nov. 8 from 10 a.m. to noon and at Friedberg ACS Nov. 9 from 10 a.m. to noon.

### Employment

A Resumix and Employment Orientation training is held every Tuesday from 10 a.m. to noon at Giessen ACS and Nov. 1 and 8 from 10 a.m. to noon at the Friedberg ACS.

### Anger, stress management

**Anger Management** classes are held Nov. 15 from 10 a.m. to noon in Butzbach and Nov. 20 from 10 a.m. to noon at Friedberg ACS. **Stress Management** classes are scheduled for Nov. 13 from 10 a.m. to noon in Friedberg and Nov. 1 from 10 a.m. to noon in Butzbach. In Giessen, anger and stress management training is available upon request.

### Learning about Germany

A Families Learning About Germany training is held every Tuesday from 9 a.m. to noon at the Giessen Army Community Service. A tour throughout the community is held every Thursday from 9 a.m. to 3 p.m. Preregistration is required.

ACS in Giessen can be reached at mil 343-7618; in Friedberg, mil 324-3465; and in Butzbach, civ (06033) 925 329.



# Hanau homecoming scenes



## **Hanau High School hops with happenings homecoming week**

Photo above: Quarterback Angel Swann takes the snap from center Jaclynn Gregory during the Powder Puff flag football game Oct. 13. The junior and senior girls beat a freshman/sophomore team 18-0. Left: Emily Wathen competes with the Hanau H.S. tennis team against Vilseck Oct. 14. Below: Running back Corey Lane runs for a large gain during the homecoming football game against the Sigonella Jaguars. Hanau won 45-6. Below left: Librarian Christina Kruger displays DVDs, CDs, books on tape, the video messenger system and many more items available from the Hanau Library at the What's Out There Fair. Left center: Scout Josh Canarena, 11, practices extinguishing a fire at the What's Out There Fair under the watchful eye of Fliegerhorst Fire Department firefighter Artur Meister and other Boy Scouts.

Photos by Dennis Johnson





## Couple deals with third Iraq deployment Communication, planning ease stress of separation

By Dennis Johnson

U.S. Army Garrison Hessen Public Affairs Office

Since 2003 Soldiers have made repeated forays into the Persian Gulf region, but not so many have deployed three times with the same company.

On Sept. 29 Staff Sgt. Ryan Mitchell, a 502nd Engineer Company (multirole bridge) supply sergeant, boarded a jet at Ramstein Air Base for his third trek to Iraq in the Global War on Terrorism.

In March 2003 the 502nd first deployed to Iraq in support of Operation Iraqi Freedom. The unit returned to central Iraq in September 2004 for a second yearlong tour of duty.

Mitchell left behind his wife of four and a half years, Francis Mitchell, Hanau Army Community Service's financial readiness manager.

"I've been 14 and a half years in the Army and through four prior deployments," said Ryan. He joined the Army in 1992 and was deployed to Cuba, Somalia and twice to Iraq.

"Iraq is a little bit different than the first two because now I have a family. I uprooted her from her hometown, dumped her in Germany and then deployed to Iraq," he said.

Francis did not sit alone in a military apartment, afraid to face the foreign cultures surrounding her: Germany and the military. Instead she got a job at ACS where she could concentrate on helping others. Now, she provides Soldiers advice on financial matters, how to stay out of debt and save for the future.

"Her job keeps her busy; she's very active at ACS, active in the community and always helping people out," said Ryan.

Planning for their future together is the key to surviving three years of separation during their young marriage. They talk and email every day when they can. Communication has been an important aspect of each deployment.

"The first was the hardest. We went to Tikrit — very harsh conditions — because I didn't talk with her for two and a half months," said Ryan. "The first [deployment] was going into the unknown. There were no lines of communication. We sent mail, of course.

"The second we were banking on being like the first, but it was a lot better; more telephones and Internet," he said.

The Mitchells said they communicate as much as possible to bridge the distance and are always talking about what they'll do when they are together again.

"Although this is his third deployment, I am thankful that it is not the first. The first one is always the hardest, because it's trial and error. Now I think the two of us are better prepared and more experienced. We have our plans and goals for the year as well as a countdown. I think this helps," said Francis.

Ryan makes sure his Soldiers are financially savvy as well. "My wife is the financial readiness manager, so I make sure the Soldiers know about all

their entitlements and anything they can receive for being downrange."

Francis briefed members of the unit on financial readiness before their deployment.

Because a year can seem like a very long time to be separated, the Mitchells set dates, such as their anniversary or birthdays, to break up the routine. On that day they'll talk and say, "Now we're four months through and on your birthday we'll be halfway through."

Ryan also has his Soldiers to care for and to keep him busy. Many are new to the unit and new to the Army. "This deployment — as far as the unit is concerned — we're going through a big turnover. There was not much change of personnel from the first to second deployments because of stop loss. But we now have only 15 to 20 [Soldiers] from the last deployment," said Ryan.

"I try to reassure them that it's not that bad. But if they're worried, that's a good thing," said Ryan.

"24/7/365 — it's a dangerous job, you're carrying live rounds," Ryan tells the Soldiers. "But they know that the NCOs are going to take care of them. We've brought everybody back twice; we expect it to be the same the third time."

Ryan said he encourages the new Soldiers to make good use of their deployment by enrolling in college courses, online courses and studying for the promotion boards.

"I talk to a lot of Soldiers personally and share my past experiences. I can look at a Soldier and tell if something's wrong. We've been down (to Iraq) three times and each time has its trials and tribulations," he said.

Even though Francis would prefer exploring Europe with her husband, Ryan said he encourages her to travel without him. "I tell her — she's a traveling person — to go see the sights and she says, 'I want to travel with you.' So we look at it like this. She travels and sees places and then she can be my tour guide when I'm back. She goes on a lot of MWR tours," said Ryan. "She can catch a MAC flight, too, to see her family. That keeps her strong."

"Planning is the key," said Ryan. "Plan your career, plan your finances and plan your family. One plan of ours is to have a family, but we're putting that off for a while. I want to be there, you know."

While some spouses are angry about the operational tempo and number of deployments, the



Photo by Dennis Johnson

Francis and Ryan Mitchell walk and talk together just one day before he departs for his third deployment to Iraq. Communication and planning are their keys to a successful Army marriage.

Mitchells said they understand and discussed the responsibilities that come with an Army career.

"I understood the possibilities of deployment early on in our marriage. I try not to complain about it," said Francis.

"We both have a lot to be thankful for. God has brought all of them back twice with no major injuries. I believe and thank God for blessing them a third time.

"It's hard to see them go and you will get frustrated, but I can only suggest to other spouses to find any and everything positive that could result from the deployment. The bottom line is that this is their mission, and as a spouse I'm here to support my husband and his mission," she said.

"Of course she wants me to stay back," said Ryan. "But she has confidence in me and knows that if I go, the Soldiers will be taken care of. That's what we do in my job; make sure the Soldiers are taken care of. This is what I get paid to do. We discussed it when we got married. When the call comes we have to go."

***"This is what I get paid to do. We discussed it when we got married. When the call comes we have to go."***



## Scout teaches fire safety for Eagle rank

By Dennis Johnson

U.S. Army Garrison Hessen Public Affairs Office

Alex Williams is hot about fire safety. The Life Scout is spreading fire safety and prevention information like a wildfire through Hanau to earn the Eagle Scout rank.

Williams brought his own knowledge of fire safety, and the expertise of professional firefighters, to Argonner Elementary School's kindergarten classes Oct. 11 and 12. Williams and the firefighters taught all four kindergarten classes, a total of 100 youngsters, about the dangers of fire. Professional firefighter Artur Meister of the Fliegerhorst Kaserne Fire Department questioned the young students about the equipment a firefighter needs before charging into a fiery building.

"What does a firefighter need first?" he asked. Answers included a ladder, fire truck and hose before the children started thinking from the bottom up. Fellow "friendly firefighter Harry" — Harold Ries — slipped on his fireproof pants, coat, air mask, air tanks and helmet as Meister explained the use of each item of gear.

Williams answered one child's question, "what's fireproof?" He explained to the child that it means something is able to resist fire; that the firefighter's gear is fireproof to keep him from being burned.

After the firefighters finished the personal gear demonstration Williams explained the primary technique to extinguish a fire on one's clothing.

Williams demonstrated the "stop, drop and roll" method. "Say it with me," he urged the students, to help them remember the lesson.

The students were excited as they received their own red plastic fire helmets and trooped outside

to climb into the fire trucks and try to handle a real fire hose. The class lined up to hold the hose while each student got a turn to aim the nozzle.

Williams enlisted the help of fellow Scouts Josh Canarena and Brandon Brooking for his fire safety demonstrations.

Later that evening Williams led his Scout troop for a visit to the Fliegerhorst Kaserne fire station.

"This is just a part of a fire prevention campaign," said Williams. "I'll be doing much more at the What's Out There Fair this weekend."

At the fair, held at Hanau's Middle High School Oct. 14, Williams organized numerous fire safety and prevention demonstrations with the assistance of the Fliegerhorst Kaserne firefighters and a German volunteer fire brigade.

Alex and his fellow Scouts learned about the different types of fires and the proper extinguishers to use on each. The Scouts and firefighters also manned a table full of fire safety information.

With the fire prevention and safety campaign as his Eagle Scout project, Williams hopes to earn the highest rank in Scouting early next year.



Photo by Karl Weisel

Kindergartners at Argonner Elementary School try aiming a fire hose during a fire safety demonstration organized by Alex Williams, a Life Scout.

## Awards honor force exercise participants

By Silke Roberts-Schumacher

U.S. Army Garrison Hessen Public Affairs Office

Two award ceremonies took place at Hanau's Yorkhof Kaserne Oct. 12. Five Soldiers and four civilian Directorate of Emergency Services employees and four special agents of the Criminal Investigation Division were rewarded with a Coin of Excellence for their hard work and dedication by Col. Michael Ryan, 1st Armored Division assistant commander, maneuver.

"You guys are awesome," said Ryan during the ceremony. He especially honored their work during the force protection exercise which took place Sept. 16 on Fliegerhorst Kaserne.

A second award ceremony recognized the German emergency services personnel who played a large role during the September exercise. Ramona Dittkuhn, team leader of the Main Kinzig County's Emergency Management Center, and Dr. Wolfgang Lenz, medical leader of Emergency Medical Services, were honored for their selfless dedication.

"None of you have this in your job description," said Col. Herman "Tracy" Williams III, U.S. Army Garrison Hessen commander.

Dr. Lenz was surprised by the honor. "It is our job to check up on the cooperation between you and the host nation," he said.

During the after-action report, which was presented during the same occasion, Ryan called the exercise a great success. He called it a "massive statement" to friends and enemies.

"We are ready," Ryan proclaimed. But despite the success of this exercise he also remarked that "we can do better." Ryan hopes that the following commanders will pay attention to the report and the lessons learned.

During yet a third award ceremony on Fliegerhorst Kaserne Oct. 13, Williams honored 11 civilian employees of the post's fire department. The firefighters received a personal letter of thanks along with a USAG Hessen coin for their "superior performance" during the force protection exercise.



Photo by Ulrike Raab

Staff Sgt. Robert Harmon, USAG Hessen military police desk sergeant and investigator, is awarded a Coin of Excellence by Col. Michael Ryan, 1st Armored Division assistant commander, maneuver, for his work during a force protection exercise.

Dr. Hüwer

For "things to do" go to [www.hanau.army.mil](http://www.hanau.army.mil)

## Community notes . . . Community notes

### Büdingen Haunted House

The Büdingen Haunted House, suitable for monsters of all ages, will be located in Building 2222 on Armstrong Kaserne. The horror house will be open Oct. 27 from 6-8 p.m., Oct. 28-29 from 5-7:30 p.m. and Oct. 31 from 5-7 p.m. For information call mil 321-4749.

### Trick-or-treat times

The official hours to take your little ghouls out to trick-or-treat are from 4-8 p.m. Oct. 31 in the Hanau Community.

### Halloween Terror Nights

This Halloween the back woods of Old Argonner Kaserne and the Warrant Officers' Hut will be transformed into a dark netherworld offering no escape for poor, lost souls. Battery B, 5-7 Air Defense Artillery is sponsoring Halloween Terror Nights Oct. 29-31 from 6:30-8:30 p.m. at the Warrant Officer's Hut, Building 459, on Old Argonner Kaserne. This haunted house may be too terrifying for younger children. On Oct. 31 from 5:30-8 p.m. there will be a kids' tent with games, candy and a costume contest for ghouls age 10 and under. \$5 for adults and \$3 for children. For information call mil 322-9318.

### Activity bus schedule

Activity buses from Argonner Elementary School in Hanau only deliver students to designated bus stops. It is the parents' responsibility to get them home. In Hanau buses stop at:

Route 1 — Sportfield Elementary School, 3:53 p.m.

Route 2 — Coleman Housing, 4:05 p.m.

Route 17 — Fliegerhorst playground, 4 p.m.

Route 18 — Armstrong Kaserne Youth Center, 4:10 p.m.

Route 43 — Babenhausen Dispensary, 4:15 p.m.

### USO classes in Hanau

The Hanau USO offers many classes in the Hanau community. Hanau is also one of

the pickup points for USO Rhein Main area bus tours. For information call mil 322-8725 or civ (06181) 88-8725.

**Belly Dancing Level 1** is a fun way to strengthen abdominal muscles, engage in gentle aerobic activity and learn the basics of this ancient art. Level 1 is a four-week (eight sessions) class held Monday and Wednesday Nov. 20 to Dec. 13 from 6-7 p.m. in Building 10, Pioneer Kaserne. A second class will be held Jan. 9-31. Wear slippers or non-skid socks and exercise clothes. Cost is \$80.

### Introduction to German Culture and Language

Learn basic German phrases and the correct pronunciation to make yourself understood in everyday situations. The instructor will touch on many German cultural subjects and answer questions you might have. The class will meet in Building 19 Pioneer Kaserne every Monday Nov. 6 to Dec. 11, from 6:30-8 p.m. Cost is \$120.

**Yoga for Everyone** is an Iyengar yoga class for all fitness levels to build strength, endurance, flexibility and balance. Each session will end with a large dose of relaxation. Bring a yoga mat.

The eight-session class will be held Monday and Wednesday, Nov. 6-29, from 6:30-7:30 p.m. Cost is \$60.

**PiYo** combines the best of

Pilates and yoga in one workout. Whether you're a time-starved fitness fanatic or a beginner who wants something new, this class is for you. Bring a yoga mat. The eight-session class will be held Monday and Wednesday, Nov. 6-29, from 5:30-6:30 p.m. Cost is \$50.

Try **Pilates** to get leaner and stronger with exercises that tone your entire body. Bring a workout mat. The eight-session class will be held Tuesday and Thursday Nov. 7-30 from 6:30-7:30 p.m. Cost is \$50.

**Yoga Power Flow** is a fast-paced Ashtanga-style yoga class. The speed will be adjusted to your fitness level and yoga experience. Bring a yoga mat. The class will be held Tuesday and Thursday Nov. 7-30 from 5:30-6:30 p.m. Cost is \$60.

Sign up for any two classes and receive a \$10 discount.

### Stress/anger management group

A stress and anger management group meets every Friday from 9:30-11:30 a.m. at the Social Work Services clinic in Building 26 on Pioneer Kaserne. The group will discuss techniques to manage stress related to work, home, deployments, marriage and more. Call mil 322-9278 for information.

### AFTB classes

Army Family Team Building classes are held in Build-

ing 514 at the Wolfgang Shopping Center in Hanau and in Building 2207 on Armstrong Barracks in Büdingen. Level I will be offered Oct. 30-31 from 8:30 a.m. to 2 p.m. in Hanau. For information call mil 322-5308 or civ (06181) 88-5308.

### Childbirth classes

The Hanau New Parent Support Program offers many childbirth classes. A one-day childbirth education class will be held Oct. 28 from 9 a.m. to 5 p.m. "Bring on the Baby," a three-session childbirth and postpartum education class for expectant parents, will be held Nov. 1, 8 and 15 from 9 a.m. to 3 p.m. This class includes a tour of the Hanau hospital. "Daddy and Mommy Basic Training" for new parents will be offered Nov. 29 from 6-8 p.m. All classes are held at the Wolfgang Outreach Center, Building 514 on the Wolfgang Shopping Center. Call Army Community Service at mil 322-8965 or civ (06181) 88-8965 to sign up.

### Central Issue Facility

The Hanau Central Issue Facility will be closed Oct. 23-27. They will assist customers with emergencies or an ETS or PCS. Call mil 322-8159.

### Creative parenting

Join other parents in exploring techniques to handle obstacles you face with your children. The group meets

monthly in Room 138 of the Hanau High School from 6:30-7:30 p.m. Call civ (0170) 949 8171 or civ (06181) 906 9960 to register. **Oct. 26:** Managing Family and Sibling Conflict.

### Commissary hours

Starting Nov. 1, the Gelnhausen Commissary will be open Tuesday to Friday from 1-6 p.m. and Saturday from noon to 4 p.m. The commissary is closed Sunday and Monday.



### Jewelry workshop for children

A jewelry workshop for children will be offered by Hanau's Goldschmiedehaus Nov. 10 from 2-5 p.m. The jewelry workshop (in English) is for children age 9-12. Before making their own jewelry the children will be guided through a jewelry exhibit. The fee is €10 per child, and includes the class, materials and the tour. The class is limited to 10 children. To attend call mil 322-1600, civ (06181) 88-1600 or email [paofeedback@hanau.army.mil](mailto:paofeedback@hanau.army.mil) by Nov. 7.

Pioneer Sales

Dr. Weber